

## EKTIMIS.com Quote of the Month

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**“When life puts a squeeze on you, your self-respect becomes exposed and is put to the test.”**

The squeeze test—a simple check that many of us perform to assess the condition or acceptability of something. We squeeze fruits, such as an orange or a grapefruit; we squeeze a sore arm or leg; we squeeze household products, such as a toothpaste tube; and many more things. But, what happens when you squeeze something hard enough? Clearly, a break occurs and something inside comes out or becomes exposed.

As we all journey through life, events and circumstances exert different forms of pressure on us—physical pressure, emotional pressure, psychological pressure, spiritual pressure, financial pressure, and many more. Some of these events and circumstances are within our control while others yet are not. Nonetheless, when the resulting pressure becomes overwhelming, something inside us becomes exposed. Something inside us becomes revealed and visible to others around us. This part of us that is put on display and subsequently tested is none other than our self-respect.

Your self-respect embodies your personal character. This fact is captured in the [2<sup>nd</sup> law of \*The Top Ten Laws of Respect\*](#). I cover this concept in *The Top Ten Laws of Respect* book series. Once your self-respect is exposed, your character attributes—i.e. your personal qualities—become visible and tested. The outcome of this test will be assessed by people around you resulting in a gain or loss of respect. What are your personal qualities? How firm are they? Do they serve you well? The squeeze test will provide great insight to these questions!

(Comments are welcome at [ektimis.com](http://ektimis.com) or at my Blog: <http://thetoptenlawsofrespect.wordpress.com>)

### About the Author



Niyi Taiwo is the founder of EKTIMIS and the lead editor for the EKTIMIS eLibrary articles. He is a speaker and the author of several books, including the EKTIMIS Top Ten Laws series. He is a continuous improvement expert with over 21 years of industry experience – operational, management and consulting. He has been studying the topic of respect since 2004. He holds an undergraduate degree from WPI and a master’s degree from RPI. He is a diversity consultant, a certified Lean Expert and an ASQ-certified Six Sigma Black Belt.